

NBRC Gym Schedule

September 28 - October 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30		Gymnastics
6:30am						Meet 10	Meet 10/18
7:00am							All Day
7:30am	Drop-in Fit For		Drop-in Fit For		Drop-in Fit For	6:30-8:30	Open Gym
8:00am	Life 7:30-8:30	Drop-In MRT 7:45-8:45	Life 7:30-8:30	Drop-In MRT 7:45-8:45	Life 7:30-8:30		7:30-8:30
8:30am		7.43 0.43		7.43 0.43		Barbell Circuit	
9:00am	Pickleball		Pickleball		Pickleball	8:30-9:30	
9:30am	8:30-10:30		8:30-10:30		8:30-10:30		Drop-in
10:00am							CoEd
10:30am	Drop-in Fit For	Open Gym	Drop-in Fit For Life	Open Gym	Drop-in Fit For Life	On on Com	Volleyball
11:00am	Life 10:30-11:30	8:45-1:00	10:30-11:30	8:45-1:00	10:30am-11:30am	Open Gym 9:30-1:00	8:30-12:30
11:30am						3.30 1.00	
12:00pm	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball		Drop-in Adult Basketball		
12:30pm			11:30-1:30		11:30-1:30		
1:00pm		Drop-in Senior		Drop-in Senior			Drop-In All
1:30pm	Open Gym 1:30-2:30	Basketball 1:00-2:30		Basketball 1:00-2:30	Open Gym	Drop-In All Ages	Ages Basketball 12:30-3:00
2:00pm					1:30-2:30		
2:30pm							
3:00pm	Drop-In All Ages	Drop-In All Ages	Open Gym 1:30-6:15	Drop-In All Ages	Drop-In All Ages	Basketball	
3:30pm	Basketball 2:30-5:00	Basketball 2:30-5:00	1.30-0.13	Basketball	Basketball	1:00-5:00	
4:00pm	2:30-3:00	2:30-3:00		2:30-5:00	2:30-5:00		
4:30pm							
5:00pm 5:30pm	Drop in HIIT 5:30-	Barbell Circuit 5:30 Starts 10/6	Drop In HIIT 5:30-	Barbell Circuit 5:30 Starts 10/8		Open Gym	Open Gym
6:00pm	6:15 Starts 10/5	Wmns Wrkout	6:15 Starts 10/7 Open Gym	Wmns Wrkout	Open Gym 5:00-7:30	5:00-7:00	3:00-8:00
6:30pm		6:00-7:00	6:15-7:00	6:00-7:00	3.00-7.30		
7:00pm							
7:30pm	Open Gym	0	Men's Drop-	0			
8:00pm	6:15-9:30	Open Gym 7:00-9:30	In Basketball 7:00-9:00	Open Gym 7:00-9:30			
8:30pm		7.00 3.30		7.00 5.30			
9:00pm							
9:30pm							